















AVOID MOSQUITOES

PROTECT YOURSELF AND YOUR FAMILY

-  Wear long, loose and light-colored clothing.
-  If possible, stay indoors when mosquitoes are biting.
-  Repellent products containing DEET and Picaridin typically provide longer lasting protection than others. Oil of lemon eucalyptus, a plant-based repellent, provides protection similar to lower concentrations of DEET.
-  Use insect repellent products with the smallest percentage of DEET necessary for the amount of time you are exposed to mosquitoes, but no more than 50% for adults and 30% for children under 12. Follow product instructions. Adults should apply repellent on children and avoid applying the product to children's hands.
-  Spray repellent on your hands and then apply to your face. Do not apply to eyes or mouth, and apply sparingly around ears.
-  Only apply repellent to exposed skin and clothing. Do not use repellent under clothing. If repellent is applied to clothing, wash treated items before wearing again.
-  Do not apply repellent over cuts, wounds, sunburn, or irritated skin.
-  Wash repellent off at least daily and reapply as needed.

PREVENT MOSQUITOES FROM BREEDING

-  Turn over or remove containers in your yard where water collects, such as old tires, potted plant trays, boats, buckets and toys.
-  Clean out birdbaths and wading pools once a week.
-  Clean roof gutters and downspout screens regularly.
-  Eliminate standing water on tarps and flat roofs.
-  Do not leave garbage can lids upside down or allow water to collect in your garbage can.
-  Make sure all window screens are in good repair without holes in them.

Mosquitoes may carry potentially dangerous viruses, such as West Nile virus.

For more information on West Nile virus, log onto www.vdh.virginia.gov/whc/external_whc/westnilevirus.asp